

THE SECRET OF LIGHTNESS IN CHINESE COOKING



AS TOLD BY MADAME GRACE ZIA CHIU
Author of "The Pleasures of Chinese Cooking"

"The secret of the lightness and delicate flavor in Chinese cooking is simple. Good Chinese cooks use peanut oil, and I use Planters because it's the most delicate of today's light oils. My American friends first discover Planters Oil making my Chinese dishes. But soon they're telling me what a wonderful difference it makes in all their dishes—from salads to Southern fried chicken!" High in polyunsaturates, Planters Oil is so light it floats on other oils.

SWEET 'N SOUR CHICKEN

甜酸雞 Cut 6 uncooked chicken breasts into strips and mix with ½ tsp. salt, 1 tsp. cornstarch. Heat ½ cup Planters Oil in skillet. Sauté 2 cloves crushed garlic in hot oil. Remove garlic. Add the seasoned chicken. Stir 2 minutes over high heat. Add juice from 8-oz. can pineapple chunks, liquid from 4-oz. jar sweet mixed pickles, 2 tps. soy sauce. Bring to a boil. Add pineapple, pickles, ½ cup green pepper strips. Bring to a boil. Blend in 2 tps. cornstarch dissolved in 1 tbsp. water. Add medium tomato, cut in wedges.



PLANTERS OIL

100% PURE PEANUT OIL

NOT ONLY LIGHT...BUT DELICIOUSLY LIGHT!

ANOTHER FINE PRODUCT OF STANDARD BRANDS

MANNA about TOWN

gathered for you

by
Miriam Field

One of my favorite Chassidic stories tells how the Rabbi of Berdichev selected a "shofar-blower" for Rosh Hashona. Each applicant was asked what he thought about while he sounded the Ram's Horn and each one made a suitably pious reply. But the Rabbi was not satisfied. Then the last applicant spoke up. "I am a simple man," he admitted, "and I don't have any holy thoughts. But I do have four daughters to marry off. When I sound the shofar I remind the Holy One that I am carrying out His commandment and pray that He may do right by me and send husbands for my children." This man was chosen to sound the shofar for the Berdichever Rebbe.

Now let's talk turkey. Give it gourmet treatment with a fabulous fruited stuffing, roasted to tender golden goodness. Fit for a king? No, fit for an emperor. So I call it

IMPERIAL TURKEY

1 10-pound ready-to-cook turkey
1 cup Planters Peanut Oil
4 teaspoons salt 1 cup raw rice
1 cup grapefruit juice 1 cup water
3 cups (2 large) chopped apples
1 cup raisins 1 cup grated onion
6 tablespoons brown sugar
2 teaspoons grated lemon peel
¼ teaspoon nutmeg
1½ cups orange juice ½ cup honey
1 tablespoon grated orange peel
Rub turkey (inside and out) with ½ cup Planters Oil and 2 teaspoons salt. Heat ½ cup Planters Oil; add rice and brown. Gradually add grapefruit juice and water; bring to a boil. Cover and simmer for about 12 minutes, or until rice is almost done. Add apples, raisins, onion, sugar, lemon peel, rest of salt, nutmeg. Stuff bird and fasten with skewers. Roast at 325° F. about 4¼ hours. After 2 hours baste often with blend of orange juice, honey, ½ cup Planters Oil, orange peel.

Most of us are doing our pantry stock-taking right now (at any rate, it's easier than the spiritual one), gathering ingredients and strength for the busy cooking days ahead. Do make sure you have plenty of Planters Peanut Oil. This polyunsaturated 100% pure peanut oil is actually the most delicate of today's light oils, sure to make your yomtovdik cooking not only light but *deliciously* light. Naturally, Planters Oil is kosher, prepared under rigorous Rabbinical supervision. And it's parve!

HONEY 'N SPICE CAKE

3 cups unsifted flour
1 tablespoon Royal Baking Powder
1 tsp baking soda ¼ tsp salt
½ tsp allspice ½ tsp cinnamon
½ tsp ginger ¼ tsp cloves
¼ tsp nutmeg 4 eggs
¾ cup brown sugar, firmly packed
1 tsp Chase & Sanborn Instant Coffee
½ cup boiling water
½ cup Planters Peanut Oil
1 jar (1-pound) honey (1½ cups)
½ cup chopped Planters Pecans

water. Add medium
tomato, cut in
wedges.



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This advertisement appears in
Gourmet—August & October, 1964
Sunset—August & October, 1964

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Standard
Brands
Box 12

HONEY 'N SPICE CAKE

3 cups unsifted flour
1 tablespoon Royal Baking Powder
1 tsp baking soda $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ tsp allspice $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{2}$ tsp ginger $\frac{1}{8}$ tsp cloves
 $\frac{1}{8}$ tsp nutmeg 4 eggs
 $\frac{3}{4}$ cup brown sugar, firmly packed
1 tsp Chase & Sanborn Instant Coffee
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{3}$ cup Planters Peanut Oil
1 jar (1-pound) honey ($1\frac{1}{2}$ cups)
 $\frac{1}{2}$ cup chopped Planters Pecans

Blend flour, baking powder, soda,
salt, spices. Beat eggs, slowly adding
sugar, until thick and light in color.
Dissolve coffee in boiling water. Beat
Planters Oil, honey and coffee into
egg mixture. Stir in flour mixture and
pecans. Bake in oiled 9x5x3" pan at
325° F. for 50 minutes or until done.
Cool in pan. Makes 1 loaf.

On behalf of Standard Brands
Incorporated, makers of Planters
Peanut Oil, I would like to wish
you and your family a very, very
happy New Year.

לשנה טובה תכתבו ותחתמו

(JWT)

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This advertisement appears in
Jewish Newspapers—August 31, 1964
Hadassah Newsletter—September, 1964